

# Ground Based Warm-up

[Foam](#) or PVC Pipe Roll: [Quad](#), [IT Band](#), and [Upper Back](#)

Lax Ball Roll: [Bottom of Foot](#), [Calf](#), [Glutes](#), [Infraspinatus](#)

Add Movement Dysfunction Corrections

Ground Warm-up:

1. [Hip Flexor Mobilization](#) 10/side
2. [Adductor Rock](#) 10/side
3. [Fire Hydrant](#) 10/side
4. [Single Leg Glute Bridge](#) 10/side
5. [Side Lying Thoracic Stretch](#) 10/side
6. [Spider Lunge In Place](#) 10/side
7. [Reverse Inchworm](#) 10x
8. [½ Get-up 10/side](#) (challenging weight)